

# PHYSICAL EDUCATION DEPARTMENT SYLLABUS

Dear Parents and Student:

This letter is to acquaint you with the philosophy and program of the Physical Education Department at Bill Roberts.

Physical fitness activities begin with play early in life, starting with arm and leg movements in infancy. As children grow, they need the guidance of parents and teachers in selecting individual and team play activities for physical and emotional development. Besides helping build physical fitness and a sense of physical power, play is a child's outlet for expressing joy, frustration, anger, and pride. Group play and sports encourage growth in emotional stability and maturity, and offer that good feeling of "belonging." The ability to win or lose graciously and take pride in the success of others are added values learned through these activities, which also provide lessons in honesty, cooperation, teamwork, tolerance, and consideration for others.

Parents and teachers know that when students are in good health, they get better grades in school, while gaining self-esteem and self-confidence. The Physical Education Department at Bill Roberts believes that a well planned physical education program can help children establish lifetime patterns of wholesome and rewarding physical activities, and can help students understand the relationship of exercise, diet, rest, and relaxation to all aspects of health.

## AIM :

The aim of our physical education program balances and contributes to student's physical and academic learning. We are not separate and distinct from the core curriculum. It involves students directly in thinking, creating meaning, and learning how to learn. We feel that all students have the potential to become physically educated, and our program will reach all students regardless of their talents, skills, or limitations. Our program is oriented to the success of every student, and provides a non-threatening environment in which a student is never subjected to the humiliation of being chosen last, or being dropped from a team.

Our program focuses on three major goals:

- 1) Movement Skills and Movement Knowledge
- 2) Self-Image and Personal Development
- 3) Social Development.

~ *The objective of our program is **NOT** to identify winners, but to identify the enjoyment of a physically active lifestyle.*

# **PHYSICAL EDUCATION DEPARTMENT POLICIES & PROCEDURES**

## **\* STUDENT EXPECTATIONS:**

Students are expected to:

1. Be on time, prepared, and ready for class to start.
2. Be recognized by the teacher before you speak.
3. Show proper respect, beginning with the teacher and ending with your classmates. **NO PUT DOWNS!!**
4. Care for the equipment and supplies carefully.
5. Always follow directions carefully.
6. Do not bring gum, food, drinks, or anything else that may disrupt the class.

## **\* P.E. CLOTHES :**

Clothes worn in physical education should consist of clothing that supports rapid movements and perspiration.

## **\* PARTICIPATION REQUIREMENTS:**

*Participation in PE involves suiting up in PE clothing everyday, and participating in required activity.*

- 1) Every student will suit up in PE clothes everyday unless instructed otherwise by the PE teacher. Students may not borrow clothes, towels, or shoes from another student.
- 2) Tennis shoes and socks must be worn at all times. For safety reasons tennis shoes must be tied properly.
- 3) During class activity, leave watches and jewelry (chains, bracelets, rings, and long or loop earrings) in lockers for safety reasons. The PE department **is not** responsible for any lost or stolen jewelry.
- 4) PE clothes will be taken home each Thursday to be washed.
- 5) Students who are exempt from suiting will observe the game being played, and must remain with the class during the PE period.
- 6) For safety reasons we ask that girls do not have long finger nails, especially false or acrylics.

## **\* LOCKS and LOCKERS :**

- 1) Do not give your personal locker combination to anyone. Students are not permitted to share lockers with another student.
- 2) It is the student's responsibility to clear out their lockers at the end of each semester. Any clothes left over will be thrown away.
- 3) Lockers are not to be defaced with stickers or any type of markings. That goes for the inside of the locker and the outside of the locker. Any type of vandalism will result in severe discipline.

## **\* LOCKER ROOM :**

- 1) There is to be no misconduct in the locker room. Unnecessary loudness, profanity, running, pushing, throwing gear, horseplay, towel snapping, and throwing people in the showers will not be tolerated. Any misbehavior will be referred to the Assistant Principal for appropriate consequences.
- 2) Students are not to bring drinks or food into the PE facilities. No food, drinks, candy, or gum in class.

## ★ CLASS PROCEDURES :

- 1) Class attendance will be taken six minutes after the start of the period.
- 2) We expect and insist upon:
  - \* Respect for school and public facilities
  - \* Good manners and courtesy to teachers and other students
  - \* Acceptance of responsibility
  - \* Attention to and following of directions

## ★ GRADING POLICY :

*Students will earn their grades. The harder a student works, the better his/her grade will be. Every student starts out with a letter grade of a “3” regardless of their talents, skills, or limitations.*

### ~ Outstanding Grades: 4 = EXCEEDS

- 1) Student puts forth outstanding effort to his/her capability.
- 2) A team player works cooperatively with others.
- 3) Are polite and strives to meet the team’s goals, and avoids problems with other teams.
- 4) Are leaders and captains, and **go beyond** the requirements.
- 5) Turns in completed assignments on time and as neatly as possible.

### ~ Satisfactory Grades: 3 = MEETS

- 1) Puts forth satisfactory effort.
- 2) A team player--works cooperatively with others.
- 3) Are polite and strives to meet the team’s goals, and avoids problems with other teams.
- 4) Turns in completed assignments on time and as neatly as possible.
- 5) They **fulfill** the requirements.

### ~ Unsatisfactory Grades: 1 = UNSATISFACTORY

- 1) Hopefully this will apply to no student
- 2) **Excessive absences from activity** and tardies are evident, which leads to lower grades.
- 3) Little or no effort is given by the student.
- 4) Uncooperative in team and cooperative work.
- 5) They fool around too much--misbehavior and horseplay.
- 6) Work is rarely submitted and is often untidy.

### ~ Grades Will Reflect The Following Categories:

- 1) 25%--Attendance
- 2) 50%--Participation / Social Responsibility
- 3) 25%--Preparation—Wearing proper athletic clothes and being prepared to enjoy movement.

## ★ MAKE-UP WORK:

- 1) Make up work and/or extra credit work is offered. See your teacher to make proper arrangements.
- 2) It is the responsibility of the student to see the teacher for make-up work following **ALL** absences.

**Student Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Parent Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**! LETS GO PLAY SOME FUN GAMES !**